HIGH SCHOOL STUDENTS & WELLNESS

News from the West Virginia 2017 Youth Risk Behavior High School Survey

West Virginia High School Students

Today.

18 Years Ago.

WEIGHT MANAGEMENT

36% Are overweight

31%

45% Trying to lose weight

27%

35% Describe themselves as overweight

47%

NUTRITION

26% Drink at least one soda a day

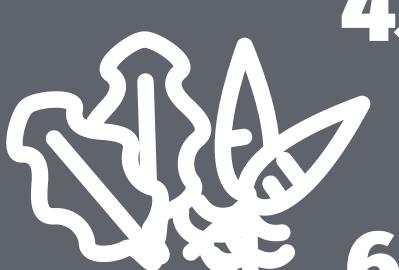
54%

46%

56% Ate fruit or drank 100% fruit juice

DIDN'T EAT THEIR VEGETABLES

43% Green salad



30%

60% Carrots

23%

33%

20% Potatoes (NOT fries, fried potatoes, chips)

53%

15% Other veggies

PHYSICAL ACTIVITY

Watched TV 3 or more hours a day 24%

about 50% Played on school or community team

44%

Played video/computer games more than 3 hours

32%



about 50%

52% Physically active at least an hour five days a week

28% 10 years ago

